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Claim 1. A cutting guide for preparing vertebral incisions, comprising:

a) a planar forward end having a curved edge and a straight edge, wherein said curved edge is shaped to approximate the shape of the anterior portion of the vertebral surfaces of adjacent vertebrae and said straight edge is shaped to guide a surgical blade making an incision; and

b) a handle extending outward from said straight edge of said planar forward end.

Claim 3. The cutting guide in accordance with claim 1 wherein said handle is placed for anterior insertion into a disk space.

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1           a) a right vertical rail and a left vertical rail  
2 wherein said right vertical rail and said left vertical rail each  
3 comprise an upper leg having external screw threads and a lower  
4 leg without external screw threads and wherein each of said upper  
5 legs and each of said lower legs have an aperture near the end  
6 portion;

7           b) a top cross member connecting said upper legs; and

8           c) a bottom cross member connecting said lower legs.

9           Claim 5. A cutting block for preparing vertebral surfaces  
10 for prosthesis implant comprising:

11           a) a plate having an upper horizontal cutting slot and  
12 a lower horizontal cutting slot;

13           b) a flange on a right side of said plate; and

14           c) a flange on a left side of said plate.

15           Claim 6. The cutting block in accordance with claim 5  
16 wherein said plate of a) further comprises a hole at each corner.

17           Claim 7. The cutting block in accordance with claim 5  
18 further comprising a retractor affixed along the side of either  
19 said flange of b) or said flange of c).

20           Claim 8. The cutting block in accordance with claim 6

1 further comprising a retractor affixed along the side of either  
2 said flange of b) or said flange of c).

3 Claim 9. An artificial implant for spinal disk replacement  
4 comprising;

5 a) a superior body for attachment to a superior  
6 vertebral surface;

7 b) an inferior body for attachment to an inferior  
8 vertebral surface; and

9 c) a fixed, constrained bearing between said superior  
10 body and said inferior body wherein a surface of said fixed,  
11 constrained bearing is complementary to a surface of said  
12 superior body and a surface of said inferior body.

13 Claim 10. The artificial implant in accordance with claim 9  
14 wherein said superior body, said inferior body and said fixed,  
15 constrained bearing are composed of a bio-inert material selected  
16 from the group consisting of surgical stainless steel, ceramics,  
17 polymers, metals, polyethylene and combinations thereof.

18 Claim 11. An artificial implant for spinal disk replacement  
19 comprising;

20 a) a superior body for attachment to a superior  
21 vertebral surface;

1           b) an inferior body for attachment to an inferior  
2 vertebral surface; and

3           c) a fixed, semi-constrained bearing between said  
4 superior body and said  
5 inferior body wherein a surface of said fixed, semi-constrained  
6 bearing is complementary to a surface of said superior body and a  
7 surface of said inferior body.

8           Claim 12. The artificial implant in accordance with claim 11  
9 wherein said superior body, said inferior body and said fixed,  
10 semi-constrained bearing are composed of a bio-inert material  
11 selected from the group consisting of surgical stainless steel,  
12 ceramics, polymers, metals, polyethylene and combinations  
13 thereof.

14           Claim 13. An artificial implant for spinal disk replacement  
15 comprising;

16           a) a superior body for attachment to a superior  
17 vertebral surface;

18           b) an inferior body for attachment to an inferior  
19 vertebral surface; and

20           c) a mobile bearing between said superior body and said  
21 inferior body wherein a surface of said mobile bearing is  
22 complementary to a surface of said superior body and a surface of

1     said inferior body.

2             Claim 14. The artificial implant in accordance with claim 13  
3     wherein said superior body, said inferior body and said mobile  
4     bearing are composed of a bio-inert material selected from the  
5     group consisting of surgical stainless steel, ceramics, polymers,  
6     metals, polyethylene and combinations thereof.

7             Claim 15. An artificial implant system for the repair of  
8     vertebral facets comprising:

9                 a) a first implant shaped as a cap for fitting over and  
10     attaching to an inferior vertebral facet; and

11                b) a second implant shaped as a button for attachment  
12     to a superior vertebral facet.

13             Claim 16. The artificial implant system in accordance with  
14     claim 15 wherein said first implant is composed of polished metal  
15     and said second implant is composed of polyethylene or  
16     polyethylene backed by metal.

17             Claim 17. A surgical kit for disk arthroplasty comprising  
18     instruments and an artificial implant wherein said instruments  
19     are a sizing instrument, a distractor and a cutting block and  
20     said artificial implant has a fixed, constrained bearing.

1           Claim 18. A surgical kit for disk arthroplasty comprising  
2 instruments and an artificial implant wherein said instruments  
3 are a sizing instrument, a distractor and a cutting block and  
4 said artificial implant has a fixed, semi-constrained bearing.

5           Claim 19. A surgical kit for disk arthroplasty comprising  
6 instruments and an artificial implant wherein said instruments  
7 are a sizing instrument, a distractor and a cutting block and  
8 said artificial implant has a mobile bearing.

9           Claim 20. A surgical kit for vertebral facet arthroplasty  
10 comprising instruments, a first artificial implant and a second  
11 artificial implant wherein said instruments are a sizing  
12 instrument, a distractor and a cutting block and said first  
13 artificial implant is shaped like a cap for fitting over and  
14 attaching to an inferior vertebral facet and said second  
15 artificial implant is shaped as a button for attaching to a  
16 superior vertebral facet.

17           Claim 21. A method for preparing a vertebral site for  
18 receiving an artificial implant comprising the steps of:

19               a) measuring the vertebral space with a sizing  
20 instrument;

21               b) making a first incision in a superior vertebrae

1 along a straight edge of said sizing instrument;

2 c) making a second incision in an inferior vertebrae  
3 along a straight edge of said sizing instrument;

4 d) stabilizing said superior vertebrae and said  
5 inferior vertebrae by mounting a distractor between said superior  
6 vertebrae and said inferior vertebrae;

7 e) expanding said distractor to approximate a natural  
8 disk space between said superior vertebrae and said inferior  
9 vertebrae;

10 f) inserting a cutting block into said distractor and  
11 preparing the inferior surface of said superior vertebrae and the  
12 superior surface of said inferior vertebrae by excising damaged  
13 disk material; and

14 g) removing said cutting block and said distractor whereby  
15 said vertebral site is prepared to receive said artificial  
16 implant.

17 Claim 22. The method in accordance with claim 21 further  
18 comprising a step of inserting an artificial implant into a  
19 prepared vertebral site wherein said artificial implant has a  
20 fixed bearing or a mobile bearing.

21 Claim 23. The method in accordance with claim 22 wherein  
22 said fixed bearing is constrained or semi-constrained.